

# HOW DO YOU TAKE CARE OF YOU?

*A wellness activity book for migrant workers in Taiwan*





# YOUR MENTAL HEALTH IS IMPORTANT!




*Mental health is a key part of your overall health and well-being. It impacts how you think, feel, and act, influencing your life choices, how you interact with others, and how you handle stress.*



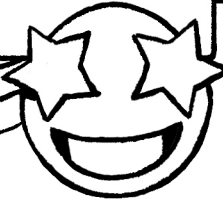
*As migrant workers, being far from home and facing new challenges can affect your mental health. It's important to recognize this and to seek support when needed.*

*Médecins Sans Frontières (MSF), also known as Doctors Without Borders in English, and 無國界醫生 in the Chinese language, we emphasize the importance of mental health support during challenging times.*

*This activity book provides practical wellness strategies designed to help you manage stress and develop a positive mindset, supporting your well-being in everyday challenges. Taking care of yourself is the first step to thriving.*



This book is in black and white, so you can have fun writing, drawing and coloring on any of the pages. But don't worry if you cannot download this book. You can always practice these activities in your own journal.



# YOU ARE STRONG

## Embracing the Journey Together

All migrant workers are true warriors, bringing strength and dedication to Taiwan while embracing this new chapter in their lives. But we know the road can sometimes seem difficult, with emotions that rise and fall. Being far from home and managing the pressures of work can lead to emotional challenges, stress, or even anxiety.

Remember, **YOU ARE NOT ALONE**. It's okay to acknowledge these feelings and seek support as part of your self-care journey.





# HOW CAN YOU COPE?

## HERE ARE SIX TIPS

**1.** BE MINDFUL OF YOUR EMOTIONS.

**2.** TALK TO PEOPLE YOU TRUST.

**3.** EXERCISE!

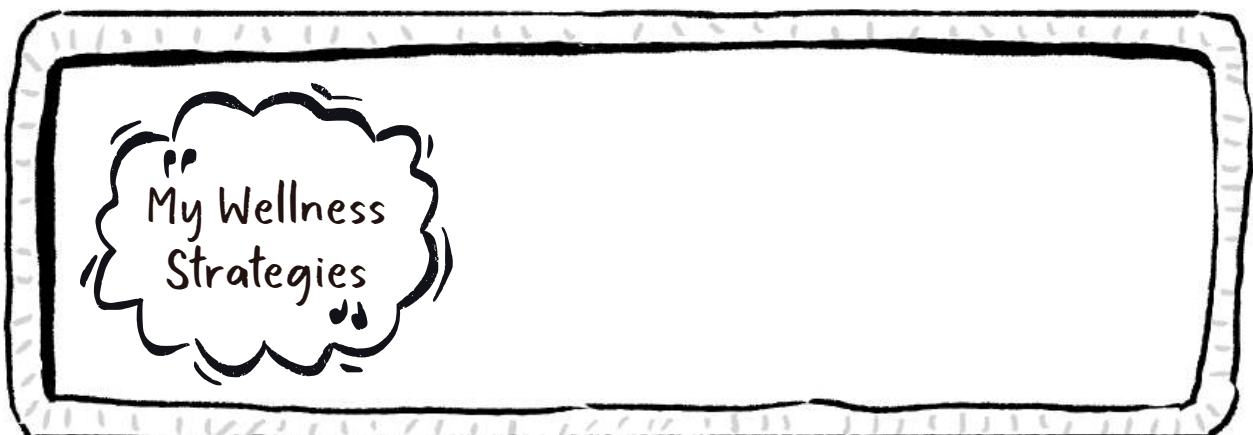
**4.** FIND THINGS TO BE THANKFUL.

**5.** START A JOURNAL.

**6.** TRY EXPRESSING YOURSELF WITH ART AND COLOR .



What about you? Tell us what wellness strategies work for you.





# BE MINDFUL OF YOUR EMOTIONS

*As humans, emotions are a big part of who we are.  
They influence our thinking, our feelings, and our  
behaviour.*



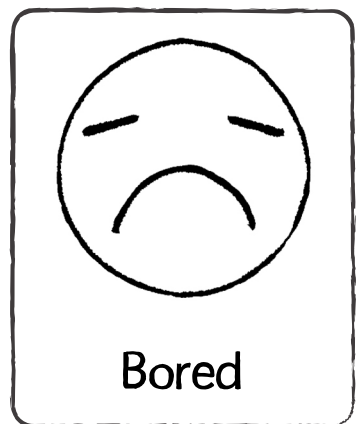
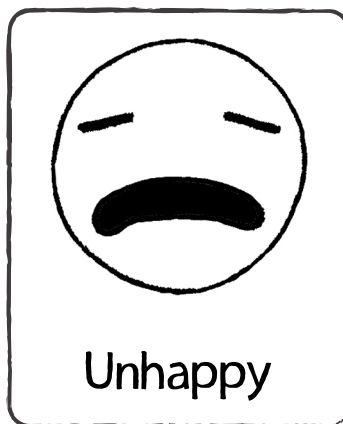
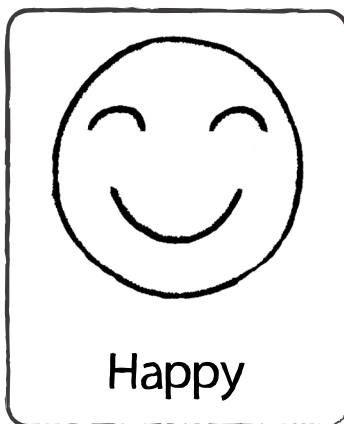
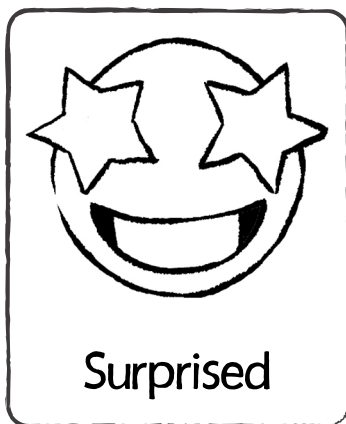
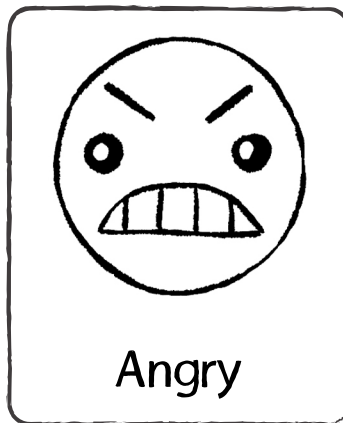
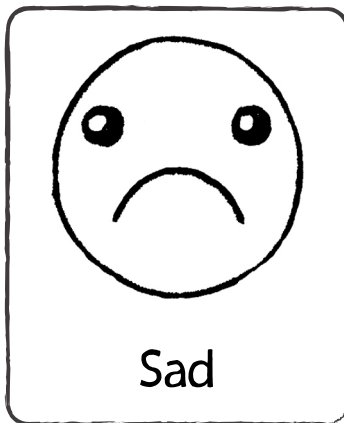
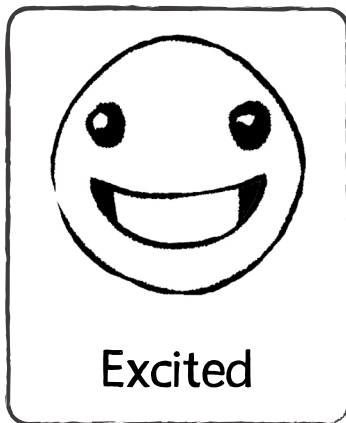

## **DID YOU KNOW?**

**EMOTIONS CAN FUEL UNHEALTHY CYCLES, OR THEY  
CAN BE USED AS ENERGY FOR CARRYING OUT  
PRODUCTIVE ACTIVITIES.**

Try to avoid letting unpleasant emotions clog your mind and impact your life. Here is something you can do:

**STEP 1:** Use an emotions calendar to draw what you feel daily. If you have varied emotions on a given day, you can draw it too. Ask yourself why you are feeling this way, and write it down.

Use this mood face chart as a guide for drawing what you feel.



# MY EMOTIONS CALENDAR

This Emotions Calendar can help you track your feeling. You can also use the same example to track your weekly emotions within your own journal.



DATES \_\_\_\_\_

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

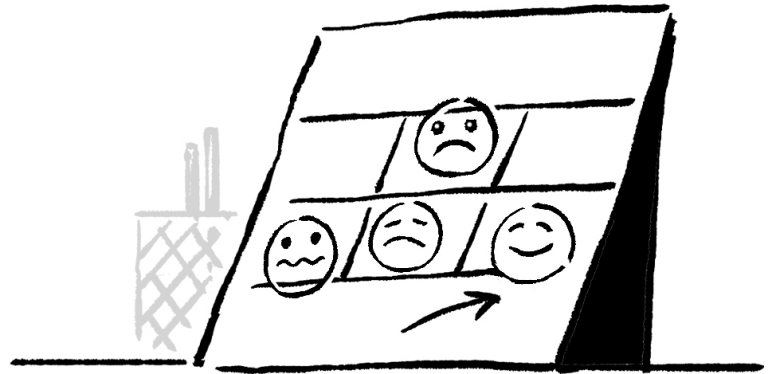
SATURDAY

SUNDAY

REFLECTION



**STEP 2:** Do you see any patterns? Just circle or highlight the patterns that you see and think about how they affect your behaviors. You can also write down factors that affect your moods, such as hormones, weather, and work.



**STEP 3:** Think about what you need or want to change or improve, and how you can do that. Reflect on the moments when you felt inspired and happy, and when you felt sad or stressed. What happened on those days? What helped you remain calm, and what contributed to your happiness?

**STEP 4:** Track your changes. Are you able to stick to them? Why or why not?



**STEP 5:** Be kind to yourself. Don't stress out too much over what you think might be negative patterns, or when you find it hard to commit to the changes you'd like to make. Thinking about and understanding your emotions is a process. Don't be afraid to ask for help.

**STEP 6:** Repeat all the steps as needed

# TALK TO PEOPLE YOU TRUST

**You are never alone on this journey!**



*In our journey, it's important to remember that we are not alone. Talking to someone you trust can make a big difference in how you feel. Whether it's sharing your thoughts, worries, or joys, having a conversation can lighten your heart and lift your spirits.*

*Reach out to friends, family, or coworkers—those who understand and support you. Sometimes, just knowing that someone is there to listen can bring comfort and strength. Don't hesitate to open up; your feelings are valid, and sharing them can help you feel more connected and supported.*

## LET'S MAKE YOUR TRUST LIST!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_



# ADDITIONAL SUPPORT: 1925 AND 1955 FREE HOTLINE SERVICE

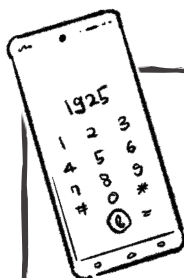
We understand talking to someone you trust can help, but if that feels difficult, consider reaching out to supportive services like 1925.

The 1925 hotline is a mental health support line. It provides 24/7 assistance for individuals facing mental health issues.

If you require an interpreter, you can also call the 1955 Hotline for assistance.



## DID YOU KNOW?



YOU DON'T HAVE TO FACE YOUR STRUGGLES ALONE. OPENING UP, WHETHER TO FRIENDS OR THROUGH ANONYMOUS SUPPORT, IT CAN HELP YOU FEEL MORE CONNECTED AND UNDERSTOOD.



# EXERCISE

*Regular exercise benefits not just your physical well-being but also your mental wellness. Studies have shown that exercise can reduce stress, help you recover from depression and anxiety, and improve your sleep.*



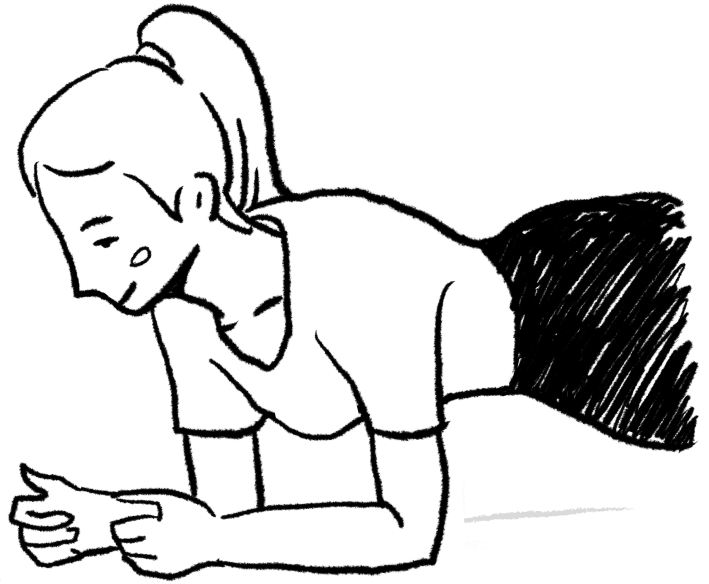
Find three (3) things on this page that are identical!



## DID YOU KNOW?

EXERCISE BOOSTS YOUR MOOD BECAUSE IT RELEASES ENDORPHINS AND SEROTONIN INTO YOUR SYSTEM. PLUS, EXERCISE CAN HELP YOU CONNECT WITH OTHER PEOPLE, REDUCING FEELINGS OF LONELINESS AND ISOLATION.

Spell your nickname and do the exercise based on the letters!  
 Making the effort is the first step to a healthier and happier you.



**A** 15 KNEE  
PUSH-UPS

**B** 10 CHAIR  
SQUATS

**C** 10 PLANKS TO  
DOWNWARD  
DOG

**D** 1-MINUTE  
BICYCLE  
CRUNCHES

**E** 15 JUMPING  
JACKS

**F** 1-MINUTE  
PLANK

**G** 20 SQUATS

**H** 25 DONKEY  
KICKS

**I** 10 PUSH-UPS

**J** 15 SIDE  
LEG LIFTS

**K** 20 ARM  
CIRCLES

**L** 15 LUNGES

**M** FREE  
DANCING  
WITH MUSIC

**N** 2-MINUTE  
MOUNTAIN  
CLIMBERS

**O** 10 SQUATS

**P** 10 KNEE  
PUSH-UPS

**Q** 10 SPLIT  
JUMPS

**R** 1-MINUTE  
RUSSIAN  
TWIST

**S** 20 NECK  
TILTS

**T** 1-MINUTE  
HIP SWIRLS

**U** 1-MINUTE  
AIR PUNCH

**V** 20 ARM  
LIFTS

**W** 10 MINUTES'  
WALK

**X** 20 CHAIR DIP

**Y** 10 SIT-UPS

**Z** 20 SIDE  
BENDS

# TIPS FOR A SIMPLE BREATHING EXERCISE:



**1.**

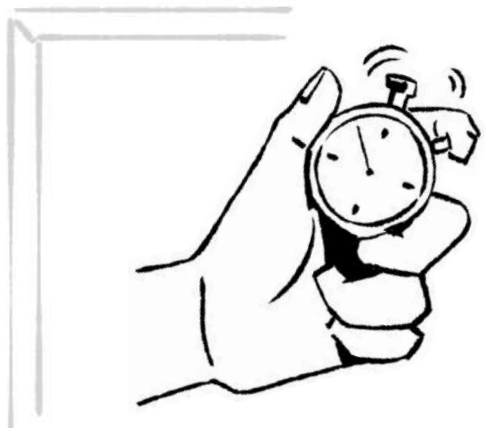
Sit on a chair or on the floor wherever you feel comfortable and safe. Make yourself as comfortable as possible. Place one hand on your chest, and the other one on your belly.

**2.**

Breathe in through your nose and out through your mouth. Breathe as gently as you possibly can. Let your breath flow through your belly and let your body relax. Notice the movement of your belly. Do this by counting from 1 to 5 while breathing in, and counting from 1 to 5 while breathing out.

**3.**

Do the breathing exercise for 3 to 5 minutes.



Find the following words in the table below: comfortable - breath - nose - body - relax - exercise - inhale

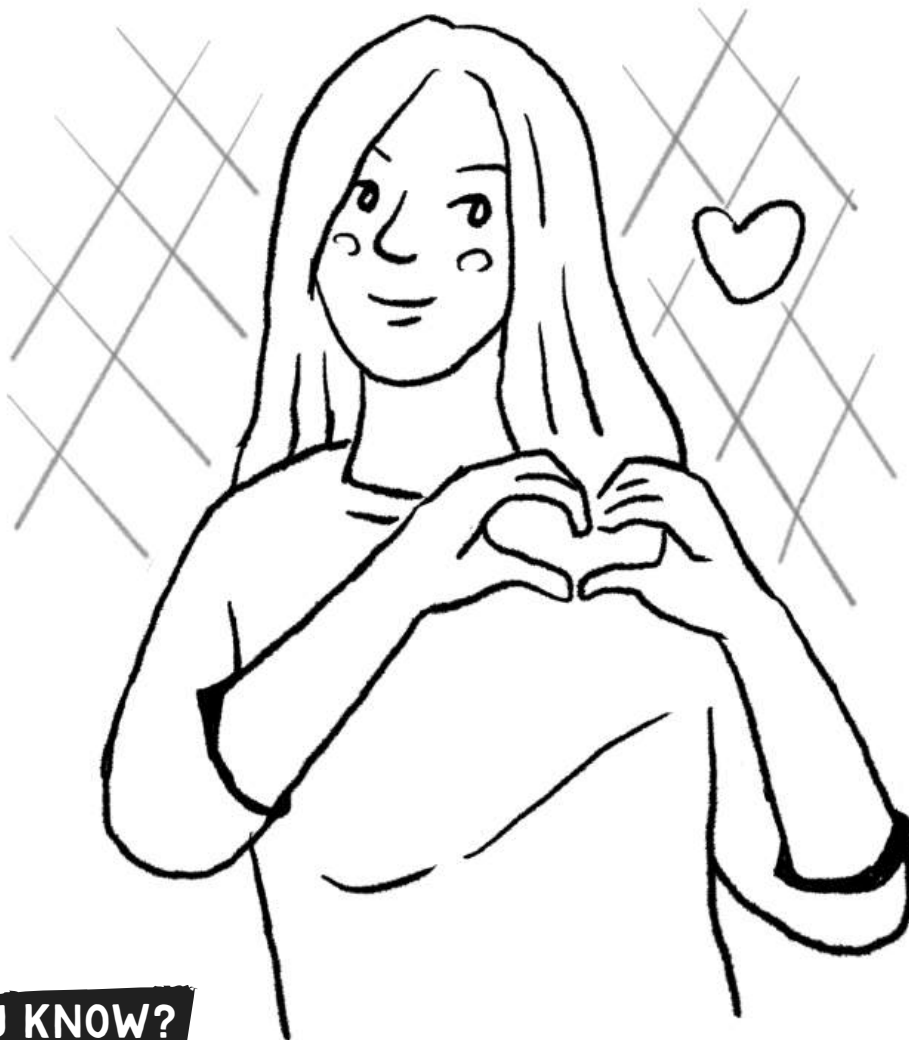
B	O	D	Y	X	U	H	L	G	S	Y
W	R	E	L	A	X	G	M	J	Z	E
T	K	E	X	E	R	C	I	S	E	D
I	N	H	A	L	E	E	W	S	B	Z
X	M	F	V	T	Z	A	O	E	O	L
I	F	X	U	V	H	N	C	K	V	W
C	O	M	F	O	R	T	A	B	L	E



# FIND THINGS TO BE THANKFUL FOR

Although there are many things we cannot control while working in another country, we can always find things to be thankful for in our lives. Gratitude is about appreciating what we already have, like the support of friends in a foreign country, the opportunity to send money back home, or the chance to learn new skills.

By focusing on these positives, we train our minds to see the good, even in challenging situations. Practicing gratitude not only brings more happiness but also helps us think more clearly and find solutions when problems arise.



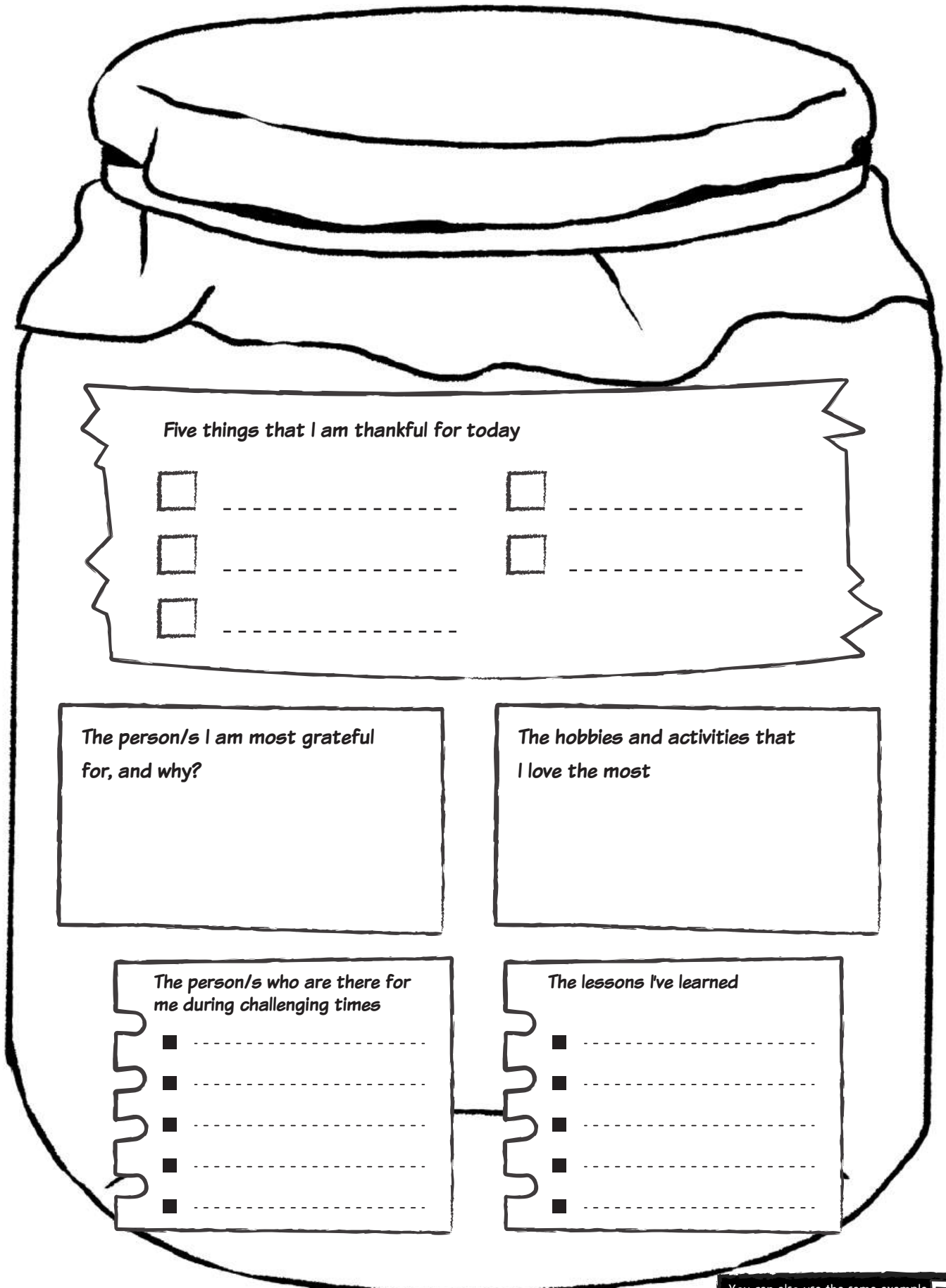
## DID YOU KNOW?

GRATITUDE ENCOURAGES POSITIVE EMOTIONS, VALUES MEMORIES AND EXPERIENCES, IMPROVES HEALTH, AND FOSTERS STRONG AND BEAUTIFUL RELATIONSHIPS.

How can you benefit even more from the positivity of being thankful?  
By keeping a gratitude journal!



# MY GRATITUDE JAR



**Five things that I am thankful for today**

<input type="checkbox"/>	-----	<input type="checkbox"/>	-----
<input type="checkbox"/>	-----	<input type="checkbox"/>	-----
<input type="checkbox"/>	-----		

**The person/s I am most grateful for, and why?**

**The hobbies and activities that I love the most**

**The person/s who are there for me during challenging times**

- -----
- -----
- -----
- -----
- -----

**The lessons I've learned**

- -----
- -----
- -----
- -----
- -----

# START A JOURNAL

*In addition to keeping a gratitude journal, you can benefit from a practice known as journal therapy. This approach can help you manage your emotions and improve your mental well-being.*

*Use your journal to express anything that's on your mind or in your heart. Write about your thoughts, feelings, daily experiences, or anything that matters to you! This personal space is yours to explore, reflect, and grow.*



*Writing can be very therapeutic. It enables you to organise your thoughts and feelings, banish negativity, and regain control over certain challenges.*

## DID YOU KNOW?

JOURNALING CAN HELP YOU MAKE SENSE OF THINGS, BEAT STRESS, AND IMPROVE YOUR MOOD!



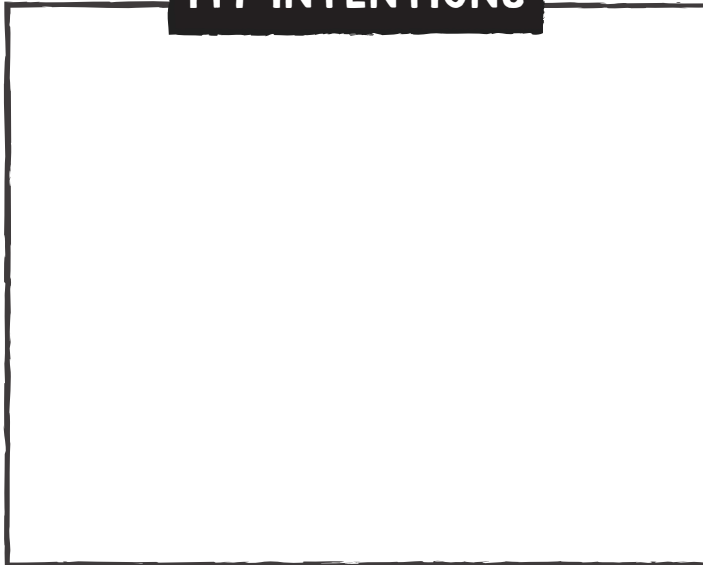
# SO, WHAT CAN YOU DO WITH YOUR JOURNAL?

1. *Write down your experience in Taiwan.*
2. *Give yourself a pep talk or some motivation.*
3. *Talk about your life goals and how to achieve them.*
4. *Record your challenges and how you overcome them.*
5. *Draw the things you cannot express in words.*

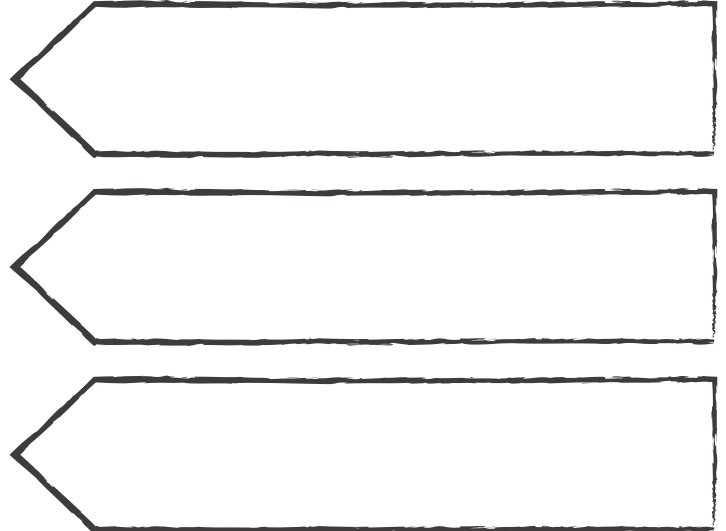


# MONTHLY PEP TALK

## MY INTENTIONS



## WHY I REMAIN FOCUSED



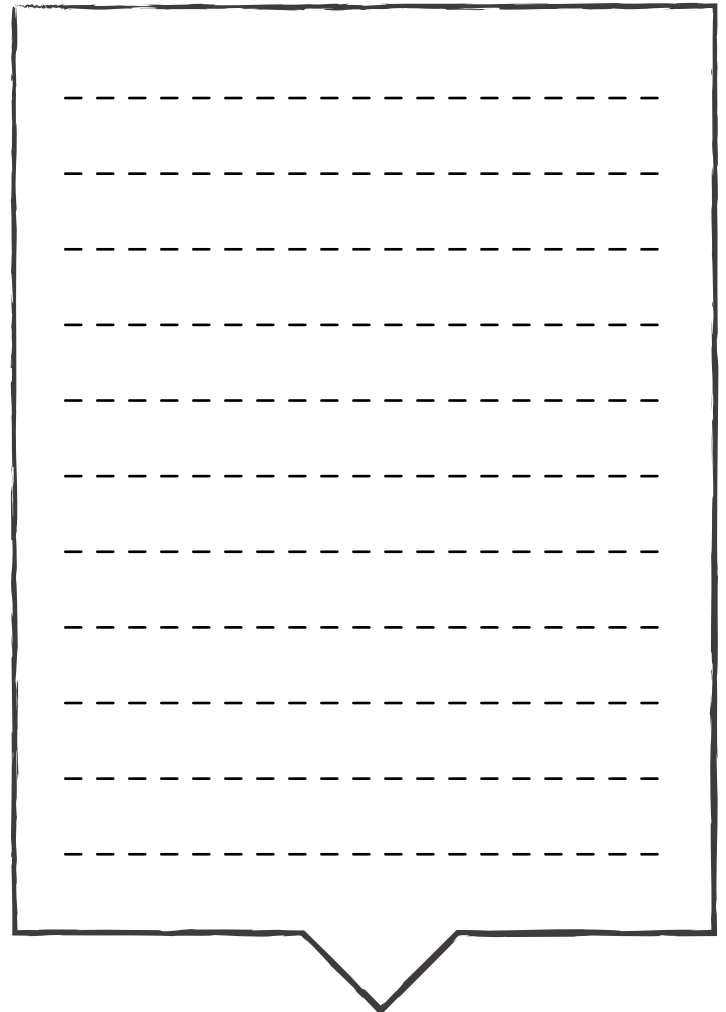
## THINGS I LOVE ABOUT MYSELF

1. -----

2. -----

3. -----

## SELF-CARE IDEAS



## HAPPY THOUGHTS



# TRY EXPRESSING YOURSELF WITH ART AND COLOR

*Art and color therapy can help you de-stress, communicate, and express yourself. This type of therapy includes drawing, sketching, painting, sculpture, coloring, and many different creative forms.*

## **DID YOU KNOW?**

*Art and color therapy is all about helping you relax through art, and expressing your feelings and emotions.*



**Don't worry about the final output – that's not important. What is crucial is the process and experience in this drawing journey.**

## WHAT TO DO?

**1.**

*Use the pages in this Activity Book to color and/or create your own art.*



**2.**

*Draw bravely! Don't be afraid to use the materials around you to create anything that comes to your mind.*

**3.**

*Do not think too much. Just let your mind guide you.*



**4.**

*Play some music or find inspiration in the things around you.*



**5.**

*When you're done, reflect on what you've created, how you felt while creating it, and how you felt when you finished.*



LET'S COLOR!

Make  
TODAY  
Amazing



LET'S COLOR!













*Médecins Sans Frontières (MSF), also known as Doctors Without Borders in English, and 無國界醫生 in the Chinese language. MSF is an international, independent medical humanitarian organization that delivers emergency aid to people affected by armed conflict, epidemics, pandemics, disasters and exclusion from healthcare. We offer assistance to people based on need and irrespective of race, religion, gender or political affiliation. Mental health and psychosocial support are part of our emergency work in over 70 countries around the world.*

**Learn more about us on [www.doctorswithoutborders-apac.org](http://www.doctorswithoutborders-apac.org)**

MSF Taiwan adapted this activity book from a previous publication of *Médecins Sans Frontières Asia Pacific (APAC)*.

